

# FITCLASS

TAILORED WORKOUT

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:10 - 8:00	TAILORED WORKOUT	MATWORK PILATES	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT	
8:00 - 8:50	TAILORED WORKOUT	MATWORK PILATES	TAILORED WORKOUT	MATWORK PILATES		9:30 - 10:20 MATWORK PILATES
8:50 - 9:40				MATWORK PILATES		10:20 - 11:10 MATWORK PILATES
						11:10 - 12:00 TAILORED WORKOUT
12:20 - 13:10		TAILORED WORKOUT		TAILORED WORKOUT		12:00 - 12:50 TAILORED WORKOUT
13:10 - 14:00	TAILORED WORKOUT	TAILORED WORKOUT	MATWORK PILATES	TAILORED WORKOUT	TAILORED WORKOUT	
17:30 - 18:20	MATWORK PILATES	TAILORED WORKOUT				16:00 - 16:50 TAILORED WORKOUT
18:20 - 19:10	MATWORK PILATES	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT	MATWORK PILATES	
19:10 - 20:00	TAILORED WORKOUT	MATWORK PILATES	TAILORED WORKOUT	MATWORK PILATES	TAILORED WORKOUT	
20:00 - 20:50	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT	TAILORED WORKOUT		
20:50 - 21:40		TAILORED WORKOUT		TAILORED WORKOUT		

## PERSONAL TRAINER

INDIVIDUALI: 40€ / lezione

DI COPPIA: 50€ / lezione

## Pacchetti CORSI

Iscrizione Annuale €25

Nr. Lezioni	Prezzo	Scadenza (mesi)
1	17,00 €	
5	75,00 €	1
10	135,00 €	3
20	245,00 €	6
40	450,00 €	12

Via Savona 45, 20144 Milano n. 3755002236